

# Social Health *news*

Social Health Programs Team

ISSUE 8 | OCTOBER 2024

Welcome to the October 2024 edition of Social Health News! In an effort to maintain effective communication, we hope you can find this edition user-friendly and informative, and we look forward to your feedback for future editions. Contact the team at [sewb@qaihc.com.au](mailto:sewb@qaihc.com.au)

## We're here to *help*

QAIHC Social Health Programs team is working diligently to ensure all Prime Minister and Cabinet (PM&C) funded SEWB/AOD workforce are supported. We are a community-driven support unit with loads of experience, here to take your calls, visit your service, share good news stories, or assist wherever we can with any challenges you encounter.

We are funded by the Department of PM&C and contracted to:

- Encourage organisations which employ the SEWB workforce to support their training and professional development.
- Establish close working relationships with the SEWB workforce and registered training organisations to deliver nationally recognised training, to meet the mandatory minimum qualifications as set out in the relevant program handbooks.
- Promote continuing education.
- Complete an annual Training Needs Analysis (TNA) for all members of the SEWB workforce.

The Social Health Programs team recognises self-determination is central to the provision of Aboriginal and Torres Strait Islander health services, education and training. It employs a co-design approach when engaging and planning activities with communities.

Contact the QAIHC Social Health Programs team by email at [sewb@qaihc.com.au](mailto:sewb@qaihc.com.au) for any workforce assistance you might need—we're here to support you!

## QAIHC *new staff*

### Tiana Lea

SOCIAL HEALTH PROGRAMS  
MANAGER, QAIHC

Proud Kalkadoon and  
Undumbi woman



My name is Tiana Lea I was born and raised in Brisbane. I have ties to Mount Isa Kalkadoon country, Pentecost, Tanna and Ambae Islands.

I have worked at QAIHC for over 10 years. I first started in June 2013 as the Social and Emotional Wellbeing Administration Support Officer. In 2021 I was promoted to the Events and Office Manager and in 2024 I became the Social Health Programs Manger.

QAIHC has taken me to places all around Queensland and other parts of Australia, which has been such an eye-opening journey. I am grateful and appreciate the opportunity to be a part of the health sector and I value the opportunity to help mob through my new role at QAIHC.

### Melena McKeown

CENTRAL QUEENSLAND  
SEWB SUPPORT OFFICER



With over 20 years of experience in the Aboriginal and Torres Strait Islander Health Sector, I have dedicated my career to supporting the health and wellbeing of our communities. My journey began as the Chairperson for Nhulundu Health Service, and over the past decade, I have been closely involved with the Centre for Rural and Regional Indigenous Health (CRRIH).

Currently, I work alongside the SEWB teams across Central Queensland, which are supported by funding from the National Indigenous Australians Agency (NIAA). My primary focus is on promoting the wellbeing of the SEWB workforce and advocating for their professional development and training needs. I believe that by equipping our teams with the right skills and resources, we can empower them to provide high-quality service delivery to their clients.

# Spotlight

## SEWB REGIONAL Forums

Our regional forums in Brisbane and Townsville were incredible experiences! Culture, community and country is vital to our sense of wellbeing, so we dedicated a day in each regional forum to immersive cultural activities focused on promoting wellbeing and continuous learning.

It was a truly meaningful opportunity to reconnect, share stories, and come together in a collective effort to strengthen the Social and Emotional Wellbeing (SEWB) workforce. The day was filled with good yarns, moments of relaxation, and a chance to deepen our understanding of the important work we do. It was a time to reflect, support one another, and build stronger connections that will help us continue to thrive in our roles.

### South East Queensland Regional Forum



### Far North Queensland Regional Forum



# Training

## ABORIGINAL AND TORRES STRAIT ISLANDER Mental Health First Aid training – CQ Region

On 17 and 18 September 2024, the Bidjerdii Wellness Centre in North Rockhampton played host to an important two-day Aboriginal and Torres Strait Islander Mental Health First Aid training session.

Delivered by Lizzie Adams and Chanarra Adams from the Jaydon Adams Memorial Foundation, the training brought together staff from key SEWB NIAA funded services, including Bidjerdii Community Health, Gumbi Gumbi, Helem Yumba, and Nhulundu Health Service.

This vital training provided participants with the skills and knowledge needed to support Aboriginal and Torres Strait Islander people experiencing mental health challenges or crises. Attendees learned about social and emotional

wellbeing specific to Aboriginal and Torres Strait Islander communities, how to identify and provide initial first responder support for mental health problems, and the pathways to professional support. The training also covered crisis situations as well as equipping participants with practical mental health first aid skills.

This training is an invaluable resource in empowering community members to respond to mental health challenges with sensitivity and effectiveness, helping to build stronger, more resilient communities.

Special thanks to Earl Harbin and the Aunties from the Rockhampton All Blacks Sports Club Inc. for their generous and delicious catering which sustained participants over the two days.



## Staff Training & Qualifications

QAIHC has adopted a user-choice option for the provision of training and anticipates this option will result in improved completion rates for the workforce who are seeking to obtain their qualifications.

If you have Prime Minister and Cabinet (PMC)/National Indigenous Australians Agency (NIAA) staff that do not have their minimum qualifications, please contact Social Health Programs Manager Tiana Lea to arrange to get this started: [sewb@qaihc.com.au](mailto:sewb@qaihc.com.au).

Available courses are as follows:

- Certificate IV in Mental Health
- Diploma in Counselling

Funding is limited; we cannot process or consider training if staff, team leaders or managers have not contacted QAIHC to advise what training is required.

**Currently enrolled in the Certificate IV in Mental Health are 15 SEWB/AOD workers!**

Please Note: funding is only available for course fees. Travel and accommodation costs are not covered. However, you may be eligible for Abstudy to assist with these costs. The Registered Training Organisation (RTO) or Regional Coordinator can assist with your application if necessary.

**Request for funded training process:**

1. Forward your request for funded training to [sewb@qaihc.com.au](mailto:sewb@qaihc.com.au).
2. Ensure you have completed a current training needs analysis form to assist our team in assessing your eligibility.
3. If the WDSU approves your request, you will receive confirmation via email.
4. Your designated RTO will then contact you for enrolment into your course.

# Resources

## Mayi Kuwayu STUDY

The Mayi Kuwayu Study is currently the largest national study of Aboriginal and Torres Strait Islander culture, health and wellbeing.

Its development came from Aboriginal and Torres Strait Islander peoples' and communities' need to have a better knowledge and understanding of the link between culture, health and wellbeing. Aboriginal and Torres Strait Islander cultural practice and expression, together with physical, emotional and community connections are recognised as a vital element to health and wellbeing.

If you need more information, please contact Tiana Lea ([sewb@qaihc.com.au](mailto:sewb@qaihc.com.au)) at QAIHC or Mayi Kuwayu by email: [mkstudy@anu.edu.au](mailto:mkstudy@anu.edu.au)



## INSIGHT Vape Check

Vape Check is a tool to help youth and health workers conduct a one-on-one single session brief intervention with young people who regularly use nicotine vaping products.



The tool provides opportunities to:

- provide information on vaping to young people
- screen for nicotine dependence or risk of dependence
- understand motivations to vape and not vape
- for those who are ready, create a plan to cut back or quit
- suggest harm reduction strategies
- discuss further support as required.

Download resources using the following link:

[insight.qld.edu.au/shop/guide-to-using-vape-check](https://insight.qld.edu.au/shop/guide-to-using-vape-check)

## Breakthrough Our Way RESOURCES!

Breakthrough Our Way has been adapted from the mainstream Breakthrough for Families and contextualised particularly for Aboriginal and Torres Strait Islander people.

Breakthrough for Families is an initiative of the Queensland Government Department of Child Safety, Youth and Women to tackle Ice and other drug use in Queensland.

Breakthrough Our Way offers a suite of practical, easy to use resources developed with community for Aboriginal and Torres Strait Islander families and significant others whose lives are affected by someone's drug and alcohol reliance.

The interactive sessions explore how Breakthrough resources can support you in everyday work with families and communities.

To get your resources please contact the team at QAIHC: [sewb@qaihc.com.au](mailto:sewb@qaihc.com.au)

# DID YOU know?

## Queensland Drug Warning:

### PHENACETIN DETECTED IN COCAINE

CheQpoint, a state-funded drug checking service has detected phenacetin in two samples of cocaine, both samples were from the same person who accessed the drug checking service on the Gold Coast.

#### Phenacetin

Phenacetin is a non-opioid analgesic agent. It was withdrawn from use in Australia in 1979 due to its harmful effects, following both acute and chronic use. It is known to cause cancer and damages multiple organs throughout the body, particularly the kidneys. Phenacetin is used as an adulterant to disguise the bitter taste of cocaine. You cannot tell whether there is phenacetin contamination of cocaine by appearance alone. Phenacetin contamination can only be confirmed by drug testing.

#### Toxic effects

The acute toxic effects of phenacetin include: lethargy, headaches, confusion, ataxia (loss of balance and coordination) and methaemoglobinaemia (low blood oxygen — may result in blue lips or fingers). Chronic exposure can cause anaemia, renal failure, and cancer of the urinary tract.

#### Information and advice

Queensland Health encourages any person considering taking drugs to have them tested where services are available. Free and confidential drug checking services are available in Brisbane and the Gold Coast:

- 2pm – 6pm Fridays, 1 Hamilton Place, Bowen Hills
- 2pm – 6pm Thursdays, Shop 12/89-99 West Burleigh Road, Burleigh Heads

Seek medical attention immediately if you or someone you know experiences any toxic effects following drug use.

#### For help:

- Call Triple Zero (000) for emergency assistance
- Go to your nearest Emergency Department
- Call the Queensland Poisons Information Centre (13 11 26)
- Adis 24/7 Alcohol and Drug Support (1800 177 833 or [www.adis.health.qld.gov.au](http://www.adis.health.qld.gov.au))

## UP COMING Conferences AROUND QUEENSLAND

2024 First Nations  
National NDIS  
All Abilities Initiatives Conference

2024 National Indigenous  
Mental Health & Suicide Prevention  
Conference

2024 National First Nations  
Elder's Wellbeing: Greater Choices  
For Aged Care Conference

All 3 conferences will be held on 10- 12 December 2024 at the Pullman International Hotel, Cairns.

For more information check out Indigenous Conference Services: [icsconferences.org](http://icsconferences.org)

# WHAT IS culture care connect?

## A new program:

- A community-controlled suicide prevention networking and aftercare services program.
- Integrating suicide prevention coordination and delivery of aftercare services, underpinned by Aboriginal leadership and control, to enable Aboriginal-led and coordinated approaches that meets the needs and priorities of Aboriginal communities.

## Funded by the Australian Government Department of Health and Aged Care:

- Combines three streams of funding announced in the May 2021 budget to address the impact of suicide on Aboriginal and Torres Strait Islander peoples, families, and communities.

## Coordinated nationally by the National Aboriginal Community Controlled Health Organisation (NACCHO) with key objectives to:

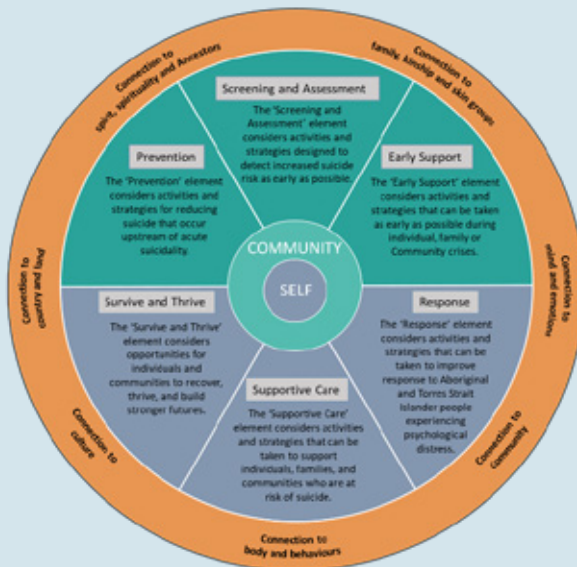
- Undertake suicide prevention planning and coordination of existing suicide prevention opportunities within regional networks.
- Deliver culturally safe aftercare services for Aboriginal and Torres Strait Islander people following a suicide attempt or suicidal crisis.

## Based on a proposed model of care:

- To guide implementation and delivery of local and jurisdictional suicide prevention and aftercare consistent with Aboriginal ways of knowing, being, and doing.

## Model of Care:

- The model has six elements of the patient journey (noting considerable overlap between activities in each element).
- Is consistent with Aboriginal and Torres Strait Islander ways of knowing, being and doing.
- Has SEWB embedded in the model—pathways for healing are in harmony with the holistic view of social, emotional, physical, cultural, and spiritual dimensions of wellbeing.
- Emphasis of the model is on culture and is supported by clinical elements of care.



## What is QAIHC's Role?

### Jurisdictional Suicide Prevention Coordination (greater Qld)

- Develop a jurisdictional suicide prevention plan
- Jurisdictional oversight and coordination with the Community Controlled Suicide Prevention Network regional leads
- Contribute to identification of potential sites
- Support network coordinators to draft, develop, and implement regional suicide prevention plans

- Undertake service mapping, including advice on existing service to avoid duplication
- Coordinate Aboriginal and Torres Strait Islander Mental Health First Aid Training (ATSIMHFAT)
- Monitoring and reporting, collect & report data

For more information or to schedule ATSIMHFAT reach out to jurisdictional coordinator Tiana Lea via email: [sewb@qaihc.com.au](mailto:sewb@qaihc.com.au)

## CALENDAR OF Events

1–30 November  
November

12-18 November  
Perinatal Anxiety & Depression Awareness Week

19 November  
International Men's Day

25 November  
White Ribbon Day

3 December  
International Day of Persons with Disabilities

10 December  
Human Rights Day

25 December  
Christmas Day